

Jump from Bed in Morning and Drink Hot Water

Tells why everyone should drink hot water each morning before breakfast.

Why is man and woman, half the time, feeling nervous, despondent, worried, some days headachy, dull and unstrung; some days really incapacitated by illness.

If we all would practice inside bathing, what a gratifying change would take place. Instead of thousands of half-sick, anemic-looking souls with pasty, muddy complexions, we should see crowds of happy, healthy, rosy-cheeked people everywhere. The reason is that the human system does not rid itself each day of all the waste which it accumulates under our present mode of living. For every ounce of food and drink taken into the system, nearly an ounce of waste material must be carried out, else it ferments and forms ptomaine-like poisons, which are absorbed into the blood.

Just as necessary as it is to clean the ashes from the furnace each day, before the fire will burn bright and hot, so we must each morning clear the inside organs of the previous day's accumulation of indigestible waste and body toxins. Men and women, whether sick or well, are advised to drink each morning, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it, as a harmless means of washing out of the stomach, liver, kidneys and bowels the indigestible material, waste, sour bile and toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

Millions of people who had their turn at constipation, bilious attacks, acid stomach, nervous days and sleepless nights, have become real cranks about the morning inside bath. A quarter pound of limestone phosphate will not cost much at the drug store, but is sufficient to demonstrate to anyone its cleansing, sweetening and freshening effect upon the system.—Adv.

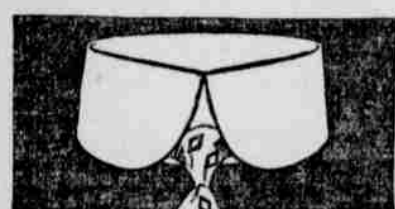
BERLIN

Death of John P. Winslow, Who Held Town Office 25 Consecutive Years.

John F. Winslow of Berlin died at the Vermont state hospital, Waterbury, on Wednesday, March 1. The son of Dr. John and Keziah Winslow, he was born in Berlin Dec. 6, 1837. He lived in the township all his life, with the exception of seven years spent in Woodstock. For 25 consecutive years he served as selectman or lister. During 1889 and 1900 a cancerous growth developed in his right eye. He was under treatment in three or four hospitals until in 1901 the eye was removed at the eye and ear infirmary in Boston. Since that time he has steadily failed, both mentally and physically. The funeral was held to-day from his late residence, Rev. Frank Blomfield conducting the service.

WILLIAMSTOWN.

Get your good eats at the Mohawk Lunch Room, grange hall block. J. McMillan, Prop.



MARLEY 2 1/2 IN. DEVON 2 1/4 IN. ARROW COLLARS 2 FOR 25 CENTS. CLUETT PEABODY & CO. INC. TROY, N.Y.

Barre Opera House, Monday Evening, March 6

JOHN CORT PRESENTS

"The best comic opera in years."—Chas. Darnton in the N. Y. World.



VICTOR HERBERT'S
SMASHING
OPERATIC TRIUMPH
"THE PRINCESS AT
THE BAMBINO"
Book and Lyrics by Henry Blossom. Staged by Fred G. Latham
Cast and Chorus of Superior Excellence
AUGMENTED VICTOR HERBERT ORCHESTRA
NOTE—For accommodation to the public, curtain will be held till 8:30 p. m.
Prices—50c, 75c, \$1.00, \$1.50, \$2.00
Seat Sale Thursday, March 2, at Brown's Drug Store at 9 a. m.

PREPAREDNESS

Insure Against "A Bad Year."

If your soil is fortified with the best of plant food, you can expect a bumper crop.

Burlington Animal Fertilizers

Are made from Blood, Meat, Bone, Animal Tankage and high-grade Chemicals—the right combination for Vermont soils. Sold by reliable agents in every locality.

BURLINGTON FERTILIZING CO. BURLINGTON, VT.

Insure Against "A Bad Year."

If your soil is fortified with the best of plant food, you can expect a bumper crop.

Burlington Animal Fertilizers

Are made from Blood, Meat, Bone, Animal Tankage and high-grade Chemicals—the right combination for Vermont soils. Sold by reliable agents in every locality.

BURLINGTON FERTILIZING CO. BURLINGTON, VT.

BETHEL

White River Valley Pomona Grange Held Sessions Yesterday.

About 60 members of White River Valley Pomona grange attended the forenoon and afternoon sessions held yesterday in this village and were cordially welcomed and entertained by the members of Rising Star grange. C. E. Martin of Rochester, one of the largest maple sugar producers in this part of the state, has been master of the Pomona grange several years, and filled that chair through yesterday's meetings. The forenoon program included an address of welcome by Ivers A. Hackett, master of Rising Star grange, with response by Mr. Martin; reports from subordinate granges; a song by Misses Iva and Vera Martin of Rochester; recitation by Miss Ruth Mills of Gaysville; reading, "The Old Violin," by J. D. Blackmer of Gaysville; discussion, "Five Characteristics of a Good Farmer," led by E. A. Putnam of Pittsfield; and the exhortation of the fifth degree. The afternoon program, open to the public, included readings by Miss Emile Goss of Bernard, Mrs. O. N. Barrows of Bethel and Mrs. B. L. Osgood of Gaysville; songs by William Daniels of Bernard and Mrs. John Chandler of Pittsfield and papers by Mrs. W. J. Mason of Gaysville and by Mrs. C. F. Waldo of Bethel, on "Girls of Fifty Years Ago." Throughout the day music of excellent quality was furnished by Rising Star grange. The next meeting will be held in Pittsfield on the first Thursday in June.

Mrs. F. L. Martin, who has been seriously ill nearly two months, is better and sits up a short time each day.

W. R. Briggs, head of the office force of the Woodbury Granite company, said last evening that the local labor situation was unchanged, pending the arrival of General Manager W. C. Clifford, whom he expected home to-day.

C. D. Cushing is in Boston on telephone business.

Principal Haskins conducted teachers' examinations at the high school building yesterday and to-day for Superintendent Sturtevant.

S. M. Washburn and A. B. Washburn have returned from a New York visit.

WAITSFIELD

John Stewart Buried in Watsfield with Masonic Service.

The funeral of John Stewart was held Wednesday, March 1, at William Pratt's in South Fayston at 2 p. m. Rev. William A. Remond, pastor of the Congregational church, of which the deceased was a life-long member, officiated. At the service at the house, the bearers were J. A. Smith, O. G. Eaton, C. J. Greene and Samuel H. Strong. The body was escorted by lodge No. 77, F. and A. M. of Watsfield, of which Mr. Stewart was a member, to the village cemetery, where the Masonic burial service was used, and where the deceased was laid in the family lot. John Stewart died Monday, Feb. 28, after a number of years of failing health. He was born in Ireland, in Moyra, county Antrim, a near neighbor of the late John Thompson, and coming to this country settled in Fayston. He was born in August, 1840.

He was twice married. His first wife, whom he married in 1873, was Mathilda Carr, sister of Mrs. Elizabeth Pierce, who died July 14, 1897. They had six sons, four of whom survive: John A., born 1875, died 1881; Alfred T., born 1877; James H., born 1881; Walter F., born 1884, died 1887; Stephen H. and Charles H. His second wife, whom he married in 1902, was Annie McKinney, sister of Hugh McKinney of Irasville.

He is survived by four sons, Alfred T. Stewart of Providence, R. I., Stephen Stewart of Warren, Charles Stewart of Providence, R. I., James Stewart, who resides at George Folsom's in Watsfield; and by two grandsons, Carroll and Maxwell Howard, sons of Stephen Stewart. His four sons were present at the service.

EAST BARRE.

As I have again taken over my livery stable business I wish to announce that the price of hitching will be 10c. I also carry a large stock of second-hand harnesses and sleighs for sale. Still ready to do business in horses. Your patronage earnestly solicited. W. E. Birby.

BETTER THAN CALOMEL

Thousands Have Discovered Dr. Edwards' Olive Tablets are a Harmless Substitute

Dr. Edwards' Olive Tablets—the substitute for calomel—are a mild but sure laxative, and their effect on the liver is almost instantaneous. They are the result of Dr. Edwards' determination not to treat liver and bowel complaints with calomel, his efforts to banish it brought out these little olive-colored tablets.

These pleasant little tablets do the good that calomel does, but have no bad after-effects. They don't injure the teeth like strong liquids or calomel. They take hold of the trouble and quickly correct it. Why cure the liver at the expense of the teeth? Calomel sometimes plays havoc with the gums. So do strong liquids.

It is best not to take calomel, but to let Dr. Edwards' Olive Tablets take its place. Most headaches, "dullness" and that lazy feeling come from constipation and a disordered liver. Take Dr. Edwards' Olive Tablets when you feel "clogged" and "heavy." Note how they "clear" clouded brain and how they "perk up" the spirits. At 10c and 25c per box. All druggists.

The Olive Tablet Company, Columbus, O.

Cuticura Stops Itching Instantly



Trial Free. Just Bathe with the Cuticura Soap, dry and apply the Cuticura Ointment

For Eczemas, Rashes,

Itchings, irritations, pimples, dandruff, sore hands and baby humors, Cuticura Soap and Ointment are supremely effective. Relief is immediate and healing, in most cases, is complete, speedy and permanent.

Sample Each Free by Mail With 32-p. Skin Book on request. Address post-card "Cuticura, Dept. 16, Boston." Sent throughout the world.

CABOT

Henry Allen was a business visitor in Milton last week.

Arthur Rogers and Leon Haines were business visitors in Danville Tuesday.

Ora Dow has lost another of his valuable cows, making three in all. The cause has been attributed to something in the ensilage.

Mrs. Dana Perry of Montpelier is assisting in the housework at Mrs. E. E. Smith's.

Herbert Nelson and Mrs. Ainsworth were in Walden Wednesday on business.

Mrs. Eva Perry has been quite seriously ill the past week, with fears of pneumonia, but is more comfortable.

Mr. and Mrs. Earl Rogers are visiting relatives in Enosburg for a few days.

Mrs. Aaron Witham is ill with bronchitis and heart trouble.

Mrs. Susie Knapp is ill with grip.

Mrs. Ben Chester is ill with pneumonia.

Ralph Witham of East Montpelier was in town Sunday to see his mother, who is ill.

Rev. and Mrs. Frank Roberts of Barre have been spending the past week in town.

Miss Esther Howland and Mrs. Mabel Beattie have been spending a few days with friends in Concord.

Rev. R. F. Love of St. Johnsbury spoke in the Congregational church last Sunday morning to an audience of 121 on the subject of temperance and gave people a clear understanding of the Perry bill.

The Judith Lyford Woman's club will hold a St. Patrick's day supper and entertainment in society hall, Friday, March 17, to which the public is cordially invited. Watch for particulars in next week's issue. Come and help the ladies in a worthy cause, and help to increase their growing library fund.

The ladies' aid will serve dinner town meeting day in the basement of the schoolhouse, consisting of mashed potato, meat pie, pickles, bread and butter, doughnuts and assorted pies, at 25c per plate.

Don't forget one or the other of the dates of the drama, "Above the Clouds," given by the I. O. G. T. lodge in their hall two evenings, March 3 and 4, for only a quarter. Everybody cordially invited.

NOT IN BOSTON.

You Can't Be Wed by Proxy There, Finds.

Boston, March 3.—Marriage by proxy doesn't go in ultra-conservative Boston. Pretty little Miss Dutra, from Portugal, will have to be married all over again to her sweetheart, who was "represented" at the wedding by a friend.

ASK FOR AND GET HORLICK'S
THE ORIGINAL
MALTED MILK
Cheap substitutes cost YOU same price.

A NATIVE OF BARRE.

A. C. Dodge Won Position and Wealth in Monroe, Wis.

The Monroe (Wis.) Times of Feb. 13 contains an appreciative sketch of A. C. Dodge, a native of Barre, who died in Monroe Feb. 14. The sketch is as follows:

Many expressions of sorrow were to be heard on all sides last evening with the announcement that A. C. Dodge, the old-time business man in Green county, had passed away. Death was due to heart failure from which the deceased had suffered for the past few weeks. Up to this illness he had never lost time from his office, daily giving attention to his large interests.

The funeral will be held on Thursday afternoon at 1:30 from the late home, 503 West avenue, and will be in charge of the Odd Fellows, with which fraternity the deceased was for many years a member. Rev. N. E. McLaughlin, of the Universalist church, will preach the sermon.

At Barre, Washington county, Vermont, A. C. Dodge was born November 6, 1834, being therefore a little over eighty-one years of age. He was a son of Joseph and Lorenda (Thompson) Dodge, who spent all of their lives in the Green Mountain state.

Up to the age of twenty years, Mr. Dodge lived on the home farm and contributed his labors to its cultivation, in the meantime availing himself of the advantages of the common schools. He also took a course in the Barre academy. In the fall of 1854 Mr. Dodge decided to leave the old homestead and to seek new opportunities in the West. After a short time spent in Chicago he came up to Wisconsin and joined the engineering crew at which his brother was engaged on what is now the Chicago, Milwaukee & St. Paul railroad. He also found employment in bridge building and spent several years as a teacher, being for three years a teacher in the village schools of Monroe. Later he looked after his brother's planing mill in Monroe, and in 1865, just a half century ago, he entered the lumber business in this city, in which he had continued interested until his death, being the oldest business man in the city.

During the fifty years in which Mr. Dodge had been identified with the business interests of the city he had taken a leading part in all which was for the best interests of the city. Practically every phase of community activity has felt the influence of Mr. Dodge. While a busy man all his career, his many interests absorbing his time and energy, he has never lacked that public spirit so essential to the continued welfare of any democratic community. In addition to his local activities in Monroe he owned and operated a farm since 1884, a place of 370 acres, in Monroe township. His farm was essentially known for its high grade livestock, and in many respects it was a model place, being a source of pride and profit to the owner.

Mr. Dodge was for twenty-seven years a member of the Monroe board of education. With the exception of but five years he was the president of the board. Eight times he was elected a member of the county board of supervisors of Green county, and five terms he served as the chairman of the board. In 1877 he was chairman of the building committee which purchased the present county farm and erected its excellent buildings, now recognized as one of the best in the state. In 1886 he was chairman of the committee of the board of supervisors which erected the present insane asylum of the county, an institution of superior type.

In 1890 Mr. Dodge was chairman of the county committee which secured plans for the present beautiful courthouse, and was secretary of the building committee supervising the construction of the building. While president of the school board, Mr. Dodge took the lead and really became instrumental in establishing the Monroe public library in 1872.

Mr. Dodge became of age in 1855. That was one of the crucial years in the political history of America, and in 1856 the Republican party first entered the national field with candidates for the offices of the national government. Mr. Dodge voted for John C. Fremont in that year, and has voted for every Republican presidential candidate down to William Howard Taft in 1912. He has been more than a voter, has also been prominent in the councils of his party in Wisconsin. He served two terms in the lower house of the state legislature, being elected in 1898 and again in 1900. In 1880 he was an alternate delegate from Wisconsin to the national convention in Chicago which placed in nomination James A. Garfield as the standard bearer of the party, and in 1888 was a presidential elector from Wisconsin, casting a ballot which contributed to the placing of Benjamin Harrison in the White House.

November 4, 1860, the marriage of Mr. Dodge and Miss Sarah E. Kidder was solemnized. To them was born three children, Charles Sumner, Mrs. Flora E. Drach, and Lewis, who was killed in an accident in 1911, and who for several years previously had been secretary and treasurer of the Dodge Lumber Co. Mrs. Dodge died of pneumonia, April 15, 1911. The Dodge Lumber company, fifty-one years under the personal management of Mr. Dodge, who remained in the retail lumber business longer than any other man in the state and was longer in business in Monroe than anyone else here, will be continued according to division of interests made by him with his son, Charles S. Dodge becomes president, a grandson, Larry Dodge, secretary, and daughter, Mrs. Flora Dodge Drach, treasurer. The business has always been conducted at one stand, south of the C. M. & St. P. depot on Emerson street. Mr. Dodge, in 1881, bought an interest in the Monroe planing mill of his brother, the late J. T. Dodge, in company with Norman Churchill and George Churchill. In 1887 he bought the Isaiah Johnson warehouse, grain and coal business. The Dodge Lumber company was incorporated in 1895, Mr. Dodge being president and director over thirty years.

WILLIAMSTOWN.

Board of Civil Authority. The board of civil authority of the town of Williamstown are hereby notified and warned to meet for the purpose of revising the checklist and any other business that may come before the board at Williamstown Saturday, March 4, at 7 o'clock in the evening.

Dated at Williamstown in the county of Orange this 24 day of March, A. D. 1916.

Glenn F. McAllister, Town Clerk.

GIRLS! HAVE WAVY, THICK, GLOSSY HAIR FREE FROM DANDRUFF

Save Your Hair! Double Its Beauty in a Few Moments—Try This!

If you care for heavy hair, that glistens with beauty and is radiant with life; has an incomparable softness and is fluffy and lustrous, try Danderine.

Just one application doubles the beauty of your hair, besides it immediately dissolves every particle of dandruff; you cannot have nice, heavy, healthy hair if you have dandruff. This destructive scurf robs the hair of its luster, its strength and its very life, and if not overcome it produces a feverishness and itching of the scalp; the hair roots famish, loosen and die; then the hair falls out fast.

If your hair has been neglected and is thin, faded, dry, scraggy or too oily, get a 25-cent bottle of Knowlton's Danderine at any drug store or toilet counter; apply a little as directed and ten minutes after you will say this was the best investment you ever made.

We sincerely believe, regardless of everything else advertised, that if you desire soft, lustrous, beautiful hair and lots of it—no dandruff—no itching scalp and no more falling hair—you must use Knowlton's Danderine. If eventually—why not now?—Adv.

EAST BARRE

Farewell Party for Mr. and Mrs. H. M. Whitcomb, Soon to Leave Town.

A very enjoyable event was the surprise party last evening tendered Mr. and Mrs. H. M. Whitcomb at the foresters' hall, when 30 or 40 couples gathered to bid them good-bye before their departure from this place. Mr. Whitcomb has run a livery stable here for the past three years, selling it recently and intending to leave within a few days with his wife and son for Providence, R. I., where they will reside if business opportunities materialize. It was for the purpose of a general good time together that their friends met last night. Fred Gauthier and Mrs. B. F. Doyle furnished music and dancing was enjoyed until 12:30. Refreshments of punch, wafers and cake were served and before the guests departed they presented to Mr. and Mrs. Whitcomb a gift, a souvenir of the event.

AMUSEMENT NOTES.

Paul Nicholson, Comedian, is with "The Princess Pat."

Paul Nicholson, principal comedian in John Cort's production of the Henry Blossom-Victor Herbert's music opera, "The Princess Pat," which comes to the Barre opera house March 6, is one of the best known and most popular fun-makers on the American stage. He has youth and a highly agreeable personality, both of which add materially in making him one of the out-of-the-ordinary sort of actor. Mr. Nicholson recently played the leading comedy part in "A Pair of Sixes." He created the role of Conwell Swift in "The Summer Widowers" at the Broadway theatre in 1910 and was in the Winter Garden production of "La Belle Patrice" in 1911.—adv.

TOWN IS FAVORED.

In Elimination of Two Grade Crossings in Guildhall Because of Large Debt.

Brattleboro, March 3.—The Vermont public service commission has ordered the elimination of two grade crossings on the Maine Central railroad in the town of Guildhall, Essex county, the crossings being located near the railroad station. In apportioning the expense the commission reports: "The town of Guildhall has a considerable debt and a high tax rate. This condition is due in part to expense incurred in prior grade crossing elimination. Consequently we fix the town's share of the expense of this elimination at eight percent. The state must pay 25 per cent and the Maine Central 67 per cent."

The public service commission has also arranged a net schedule of rates for shipment of freight over the Bellows Falls and Saxtons River Railway Co.'s line, in pursuance of a petition of freeholders in the town of Rockingham.



LAMSON AND HUBBARD
Hats and Caps



BEST IN AMERICA
SOLD BY
The Frank McWhorter Co.

AJAX TIRES

GUARANTEED in writing 5000 MILES

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H. F. CUTLER & SON
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PAVILION THEATRE

TO-NIGHT
Jere McAuliffe's
MUSICAL REVUE PRESENTS
"Dodging the Sheriff"
A Lively Comedy in One Act

THE CAST
MR. SURPLUS, a Lawyer..... Mr. Jere McAuliffe
CHARLES SURPLUS, His Nephew..... Mr. Fred J. Martell
ABEL QUICK, a Clerk to Surplus..... Mr. Barton Crawford
SMILER, an Officer..... Mr. Homer Roberts
MRS. SURPLUS..... Miss Hazel Williams
EMILY..... Miss Ann May
MRS. CARTER, Housekeeper..... Miss Louise Sage
Matilda Jane..... Miss Cecil Mason
Time—The Present

MUSICAL REVUE
Three Things I Love..... Mr. Barton Crawford and Company
Back to Dixie Land..... Mr. Homer Roberts
Good Night, Dear..... Miss Bernice Bouton and Company
Homeward Bound..... Mr. Fred J. Martell
Hello! Hello! Hello!..... Billy Seymour, Boys and Girls
Songs and Stories..... Miss Hazel Williams
By the Sea..... Miss Bouton and Girls
When I Dream of Old Erin..... Mr. Seymour

Character Number
"Don't Blame All on Broadway"

THE CAST
A REAL MAN..... Mr. Homer Roberts
A BROADWAY JOHNNIE..... Mr. Fred J. Martell
MISS MCCANN..... Miss Hazel Williams
MISS FLIRT..... Miss Cecil Mason
MISS DISDAIN..... Miss Bernice Bouton
STAGE DOOR TENDER..... Mr. Jere McAuliffe
Bill Bailey..... Miss Cecil Mason
Artistic Dancing..... Miss Olerita and Signor Costino
100 Years from Now..... Mr. Jere McAuliffe and Company
Why Don't You Quit..... Miss Hazel Williams
Miniature Minstrels..... By Jere's Quartette
Little Old Ford..... Miss Anna May
Like Your Hat, Like Your Dress..... Sextette

FINALE
Get Out and Get Under..... Mr. Roberts and Entire Company

THREE REELS OF PICTURES AT EVERY PERFORMANCE
MATINEE PRICES, 10c—NIGHT PRICES: CHILDREN, 10c; ADULTS, 20c
See the Big Matinee Saturday—Children 5c, Adults 10c
500 PONY VOTES Given with Every Admission

PARK THEATRE

Vermont's Best Photoplay House

Matinee, 2:15 and 3:30—Tel. 613-W—Evening, 7 and 8:30

TO-DAY
Paramount Presents Elsie Janis in
"TWAS EVER THUS"
Remember our Saturday Matinee—10 Reels

Saturday, March 4
WORLD PRESENTS CLARA KIMBALL YOUNG IN
"CAMILLE"
OTHER PICTURES

Change of Program Every Day
PRICES: Adults—Balcony, 50c; Orchestra, 10c; Children Under 14 Years, 5c

If You Have Neglected To See D. W. Griffith's Eighth Wonder of The World



You Now Have the Opportunity
March 6-7—Williamstown, Vt.
March 8-9—Waterbury, Vt.
March 10-11—Northfield, Vt.

Twice Daily—Matinee 2-15, Evening 8
Prices—Matinee 50c, 75c; Children 25c
Evening—50c, 75c, \$1.00

SATURDAY ONLY

At Romanos' Store

Fancy Dairy Butter, per lb. 29c
No. 3 large can Tomatoes, per can only 10c
Large jar Wan-ta Cocoa, only 24c
3 large cans of Snider's Soup for only 24c
12 5c boxes of Matches for only 35c
3 large bottles of Catsup for only 25c
3 lbs. of Cream Crackers for only 24c
1-gallon can of Apples for only 25c
Swift's Smoked Ham and Shoulders at low prices.
Fresh lean Roast Pork, per lb. 15c and 16c

Remember the place, just across the bridge
Louis Romanos
59 Prospect Street, Barre, Vt. Phone 460-W